



**Department of Veterans Affairs Medical Center
3710 Southwest U.S. Veterans Hospital Road
Portland, Oregon 97207**

SELF EVALUATION FOR PERSONS WITH INFLUENZA SYMPTOMS

When should you seek additional help from a health care provider?

The symptoms of influenza are new onset of:

- Fever—low (100.4 F) to high (104 F), usually for 3 days, but may persist for 4 to 8 days.
- Aching muscles
- Cough
- Headache
- Joint aches
- Eye pain
- Feeling very cold or having shaking chills
- Feeling very tired
- Sore throat
- Runny or stuffy nose

If you have some of the above symptoms:

STAY HOME

- You may want to cancel and reschedule your appointment
- Rest
- Drink fluids
- Take fever reducers (acetaminophen or ibuprofen)

But IF you:

- Are unable to drink enough fluids (urine becomes dark; you may feel dizzy when standing)
- Have the fever for more than 3 to 5 days
- Feel better, then develop a fever again

Or IF you have new onset of:

(If not a medical emergency, call health care team for advice)

- Become short of breath or you develop wheezing
- Cough up blood
- Have pain in your chest with breathing
- Have heart disease (like angina or congestive heart failure) and you develop chest pain
- Become unable to walk or sit up, or function normally (others might be the ones to notice this—especially in elderly persons)

CALL your health care provider

Call 911 if a life threatening emergency

**For more information on H1N1 (Swine Flu): Call 503-808-1923
Revised and updated October 30, 2009**